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GATE CITY JOURNAL

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The Journal is in receipt of the following "story" of a highly esteemed Nyssa lady:

Oregon Agricultural College, May 4.—That a woman may pay her way through college, provide for her child and lay aside money for a bank account all at the same time, is being demonstrated by a co-ed at the Oregon Agricultural College.

Following the death of Phillip J. Thompson four years ago in September, Mrs. Clara V. Thompson, housewife at Nyssa, Oregon, came face to face with the problem of supporting herself and three months old baby daughter, Neva Jean.

Mrs. Thompson had not at that time completed her high school training, but she desired to teach primary children. While finishing her secondary education, she studied teacher's training and at the same time was permitted to do substitute teaching in the primary grades under the close supervision of the high school principal.

"I desired to go to college or normal next year," said Mrs. Thompson when questioned regarding her college life, "but having charge of a small restaurant at that time, I began to see possi-

bilities in institutional management. After coming to Corvallis and conferring with Sybilla Hadwen, director of dormitories at the college, I was greatly encouraged and decided to enroll at this institution, majoring in institutional work."

The first year Mrs. Thompson assisted Bertha Scott in the preceptress duties at Waldo hall, thus coming in contact with more than 200 girls. The following summer she attended summer session and was given an opportunity to work in the cafeteria under the direct supervision of Miss Melissa Hunter, instructor in institutional management.

This year Mrs. Thompson has been given full charge of the men's cafeteria in Poling hall under close observation of Miss Hadwen and Miss Hunter. She has been home twice to see her robust four-year-old daughter, who is with Mr. and Mrs. A. S. Vaughan, Mrs. Thompson's father and mother. Neva Jean tells her mother when she goes home that she has studied long enough, but Mrs. Thompson feels that as soon as she has mastered accounting she will be ready to take up nurse's training in preparation for problems which will arise later in her chosen work.

"I feel that I will be fully prepared to take charge of the management of an institution of this type," says Mrs. Thompson, referring to the dormitory, and I have received this training, provided for my little girl, and been able to save money besides."

NOTICE

My wife, Mrs. Avis A. Johnson having left my room and board, I will not be responsible for any bills she may contract.

SHERRY JOHNSON.

Until a market change, we offer 50c for butter fat, 35.00 per case for eggs, f o. b. La Grande, Oregon. Union Creamery Co., successors to Commercial Creamery Company.

How to Be Healthy

The Crusade of the Double Barred Cross
Practical Talks on Disease Prevention
Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

A CLEAN MOUTH

By ARTHUR M. HUNTER, D. D. S.

A FEW years ago Mr. Mayo, one of America's foremost surgeons, said that the next step in preventive medicine must be made by the dentists. In line with this prophecy, the new campaign for mouth hygiene aims to teach three things:

1. How much damage is done to the general health of the body by an unclean mouth, with teeth badly broken down, large cavities or inflamed gums.

2. Proper methods of correcting mouth diseases.

3. How to prevent dental disease.

Very few persons realize that the three vital sources of life, food, water, and air, are affected by mouth conditions. No one can live without these three things. The Government spends enormous sums to insure the cleanliness of food and water. Housewives see that cooking utensils, china and cutlery are washed so that the food may be served clean. All the details of bringing pure food to the mouth are carefully looked after, but when it passes the lips the food is abandoned and left to its fate, for most mouths are unclean, and food, however clean before, becomes quickly contaminated after it passes the lips.

How can the mouth best be kept clean and dental decay prevented? Here are four practical suggestions:

1. Have the mouth put in good condition by a good dentist. Go to the best man that you can find. It is economy of health and pocketbook to go to him often. Three or four times a year should be the minimum.

2. X-Ray examinations of the teeth should be made to ascertain the condition of root-fillings, and the condition of bone surrounding the root-ends of the teeth, for it is these areas that may cause systemic disturbances which will lower resistance to disease. All teeth with the pulps removed (nerves killed) must be held as suspicious characters until proven innocent. The lack of pain is not a safe sign of no infection. There may be a "blind" abscess, which only the X-Ray can discover.

3. Get your dentist to give you minute directions as to the proper way to perform your mouth toilet. It is necessary to spend at least three minutes every night and every morning brushing your gums and teeth, in order to properly cleanse them. That amount of time and energy will give you big dividends in good health. Remember a clean tooth will not decay, and a clean mouth will not pollute the food.

Stop the use of free sugar because sugar will cause the decay of teeth more than any other one thing. Nature never intended that we should use more than any other one thing. Nature never intended that we should use sugar in a concentrated form, but preferred to give it to us in its natural state; namely, in fruits and vegetables.

I would like to paraphrase that well known quotation from Robert Burns, "Oh, would the gift the good God give us to see our mouths as the dentist sees them." The dentist not only sees the unclean mouth with inflamed gums, but he sees the long chain of food with digestive disturbances, death of the tooth pulp, abscesses at the end of the root, absorption of the poison, lowered resistance against disease, and finally broken down health.

The late Professor Osler, who held a place at the head of the profession of medicine, said: "You have one doctrine to preach, and you have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the teeth, cleanliness of the throat. These three things must be your text through life. Oral hygiene—the hygiene of the mouth—not one single thing is more important to the public in the whole range of hygiene than that."

Hanged for Not Drinking.

An English story tells of the son of a brewer who was hanged for leaving his ale. It arises from the story that on the way to the gibbet where Bawtry malefactors executed their crimes it was the custom to halt the procession at one spot, and give the criminal a farewell drink of beer. A saddler, marked for death, contemptuously refused the proffered draught and was promptly hanged. By just as many minutes later as he had declined to daily a breathless horseman arrived with a reprieve!

Notice of Hearing of Final Report.

IN THE COUNTY COURT OF THE STATE OF OREGON, FOR THE COUNTY OF MALHEUR.

In the Matter of the Estate of Ernest A. Atwood, Deceased.

Notice is hereby given that the undersigned, Myron A. Patch, administrator with the will annexed of the Estate of Ernest A. Atwood, deceased, has filed in this court and cause his final report and account, and that the Court has set Monday, the 18th day of June, 1923, at the hour of 11 o'clock a. m. at the County Court room in the County Court house at Vale, Malheur County, Oregon, as the time and place at which said final report will be heard, and any parties or persons interested in said Estate may, on or before said date, file any objections in writing to the allowance of said final report and account.

Dated this 16th day of May, 1923.

MYRON A. PATCH,

Administrator with the Will annexed of the Estate of Ernest A. Atwood, deceased.

Date of first publication May 18, 1923.
Date of last publication June 15, 1923.

NOTICE FOR PUBLICATION

Department of the Interior,
U. S. Land Office at Vale, Ore.,
April 16, 1923.

Notice is hereby given that John H. Wolf of Nyssa, Oregon, who, on June 22, 1908, made desert land entry No. 0817, for NE 1/4 Section 29, Township 20 S., Range 46 East, Willamette Meridian, has filed notice of intention to make final proof under the third paragraph of act of March 4, 1915, to establish claim to the land above described, before Register and Receiver U. S. Land Office, at Vale, Oregon, on the 23rd day of May, 1923.

Claimant names as witnesses:
W. L. Glenn, Mrs. W. L. Glenn,
Chas. Bradley, Mrs. Chas. Bradley, all of Nyssa, Oregon.

Geo. W. McKnight,
Register.

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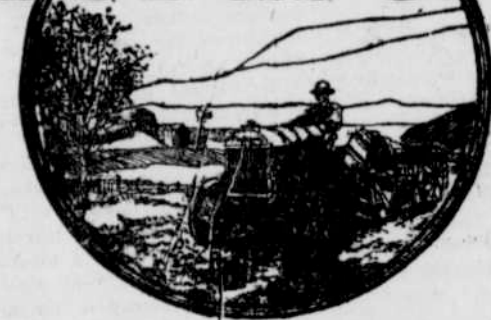
High-Sounding Titles.

Chinese emperors are never mentioned by name from the moment of their accession, and are generally alluded to by some such title as "Lord of a Myriad Years," or "The Son of Heaven."

S—sh! Keep It Dark!

At a recent bar examination a candidate defined law as follows: "Law is the means by which we acquire legal possession of property belonging to another."—Boston Transcript.

Fordson

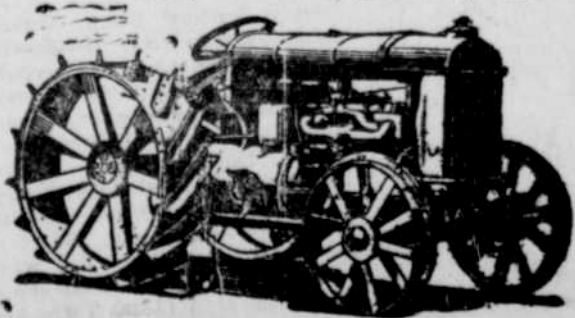


Put it to any Power Task

While the Fordson Tractor has power in plenty to dig, plow and harrow through the heaviest soil, it is light enough, small enough and so easily controlled that it can handle the job to many tasks about the farm, that will save you time, money and work.

In fact the Fordson will do every power job, both easier and faster, more quickly and at less cost than it can be done with any other form of power. So every month the whole year 'round the always dependable Fordson will prove itself a paying investment, because of its capabilities, its economy and efficiency.

We will gladly explain and demonstrate to you the many Fordson money-making, time-saving features. Call, write or phone.



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